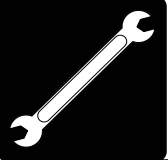




10 Series Exercise Bike



Assembly Manual

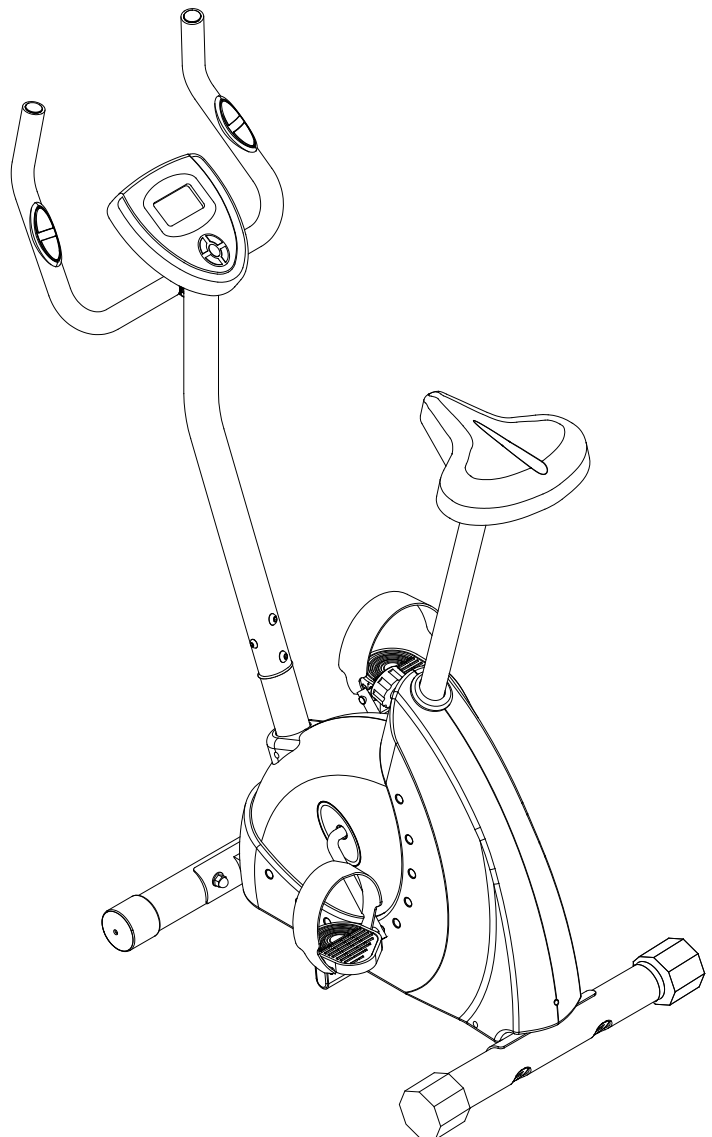



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Product Specifications

Dimensions	48" L x 20" W x 51" H (122cm x 51cm x 130cm)
Assembled Unit Weight	57.9 lbs (26.3 kg)
Packaged Shipping weight	66 lbs (30 kg)
Workout Area	88" L x 60" W (224cm x 152cm)
Maximum User Weight	275 lbs (125 kg)

Safety Warnings

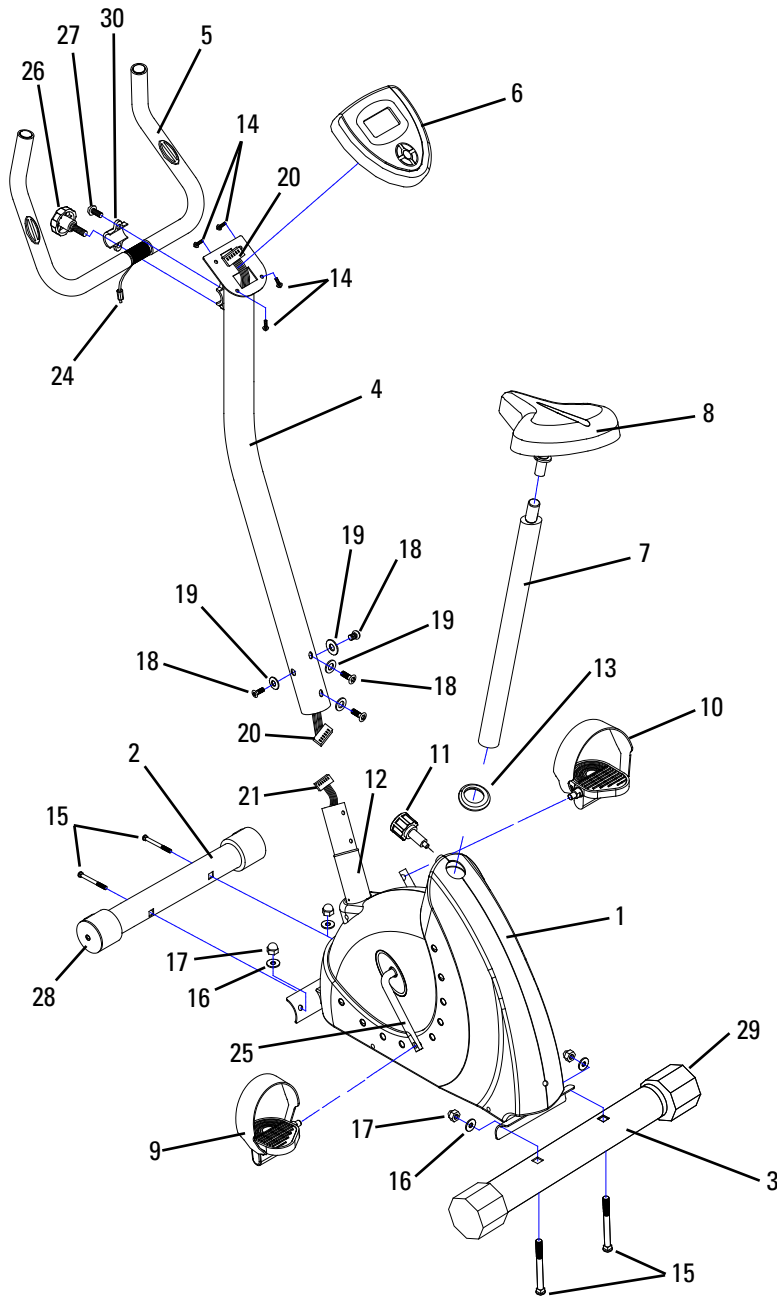
 This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury.

Before using this equipment, obey the following warnings:

 Read and understand the complete Owner's Manual.
Read and understand all Warnings on this machine.

- Keep children away from this machine. Watch them closely when near the machine. Moving parts that appear dangerous to adults may not appear so to children.
- Consult a physician before starting an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before using the machine again.
- Examine this machine for loose parts or signs of wear. Pay special attention to the seat, pedals, and crank arms. Contact Nautilus Customer Service for repair information. Use only genuine Schwinn® replacement parts supplied by Nautilus.
- This exercise machine is for consumer users only.
- Set up and operate this exercise machine on a solid level surface.
- Do not wear loose clothing or jewelry. This machine contains moving parts.
- Maximum user weight limit: 275 lb. (125 kg). Do not use if you are over this weight
- Stabilize the pedals before stepping on them and use caution when stepping off the machine.
- Keep at least 19.7 inches (0.5 m) on each side of the machine clear. This is the recommended safe distance for access and passage around and emergency dismounts from the machine.
- Warn bystanders to keep a safe distance, at least 3 feet (1 m). Do not allow anyone to touch the operator while the machine is in motion.
- Keep the foot pedals clean and dry.
- Do not over exert yourself during exercise. Operate the machine in the manner described in this manual.

Exploded Drawing



Note: Some component images are for general reference only and may not represent the actual shape or detail of the part. Assembly is unaffected.

Parts List

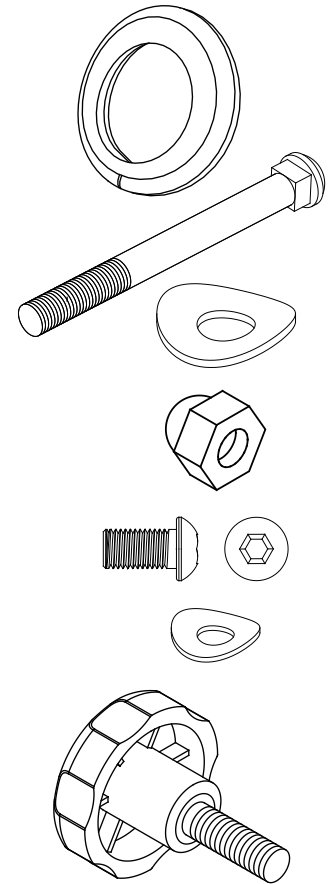
PARTS LIST

Ref.	Description	Qty
1	Main Body Assembly	1
2	Front Stabilizer	1
3	Rear Stabilizer	1
4	Console Mast	1
5	Handlebar	1
6	Console (Computer)	1
7	Seat Post	1
8	Seat Pad	1
9	Left Pedal	1
10	Right Pedal	1
11	Seat Adjustment Knob	1
12	Mast Base	1
13	Seat Post Cover	1
14	M5 x 10mm Round Head Phillips Screw	4
15	M10 x 70mm Carriage Bolt	4
16	Arc Washer ID 10.5; OD 25mm; T 1.5mm	4
17	M10 Acorn Nut	4
18	M8 x 15 Hex Screw	4
19	Arc Washer ID 8.5mm; OD 22mm; T 1.2mm	4
20	Console Mast Wire (middle computer wire)	1
21	Main Frame Wire (lower computer wire)	1
22	Not Used	
23	Not Used	
24	Handlebar Heart Rate Wire (hand pulse wire)	1
25	Crank (pre-installed)	1
26	Handlebar Adjustment Knob	1
27	M8 x 20mm Hex Screw	1
28	Front Stabilizer End Cap (pre-installed)	2
29	Rear Stabilizer End Cap (pre-installed)	2
30	Handlebar C-Ring (clamp plate)	1

If you are missing items or have damaged components, please contact 800-NAUTILUS (628-8458) for replacements.

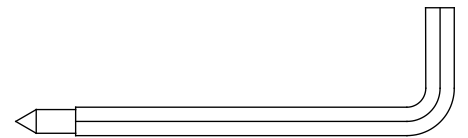
Hardware Guide

Ref.	Description	Qty
13	Seat Post Cover	1pc
15	Carriage Bolt M10 x 70mm	4pcs
16	Arc Washer (ID 10.5mm; OD 25mm; 1.5mm)	4 pcs
17	Acorn Nut M10	4pcs
18	Hex Screw M8 x 15mm	4pcs
19	Arc Washer (ID 8.5mm; OD 22mm; 1.5mm)	4pcs
26	Handlebar adjustment knob with texture	1pc

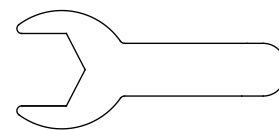


Tools required

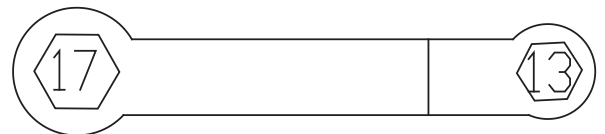
Hex Key L 6mm 1pc



Open End Wrench 15mm 1pc



Box Wrench 17mm x 13mm 1pc



You will also need the following tool (not provided):

Phillips Screwdriver

Assembly

Basic Assembly Principles

Here are a few basic tips that will aid in the assembly process. By using these principles, you can simplify each process and save yourself extra time and effort.

1. To make the assembly process go faster, gather the pieces you need for each step and thoroughly read the assembly instructions for that step prior to starting assembly for the step.
2. When attaching two pieces, gently lift and look through the bolt holes to help guide the bolt through the holes.
3. As a general rule, and for all bolts and nuts, turn bolts or nuts toward the right (clockwise) to tighten and left (counterclockwise) to loosen.

Assembly Steps

Step 1: Install Front and Rear Stabilizers

Parts:

- #2 - Front Stabilizer (Qty 1)
- #3 - Rear Stabilizer (Qty 1)
- #1 - Main Body (Qty 1)
- #15 - Carriage Bolts (Qty 4)
- #16 - Arc Washer (Qty 4)
- #17 - Acorn Nut (Qty 4)

Tools:

- Wrench L17 - L13

1-1: Secure Front Stabilizer (2) and Rear Stabilizer (3) to Main Body (1) using 2 Carriage Bolts (15), 2 Arc Washers (16), and 2 Acorn Nuts (17) for both Stabilizers.

1-2: Assemble Front Roller facing forward (Figure 1A). Position Front Stabilizer so arrow on decal is pointing upwards.

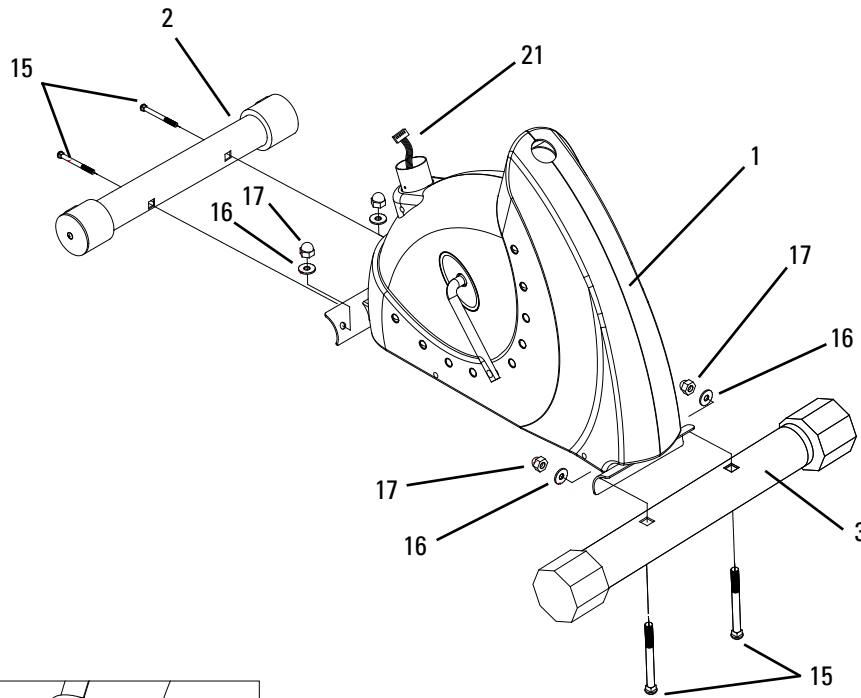


Figure 1

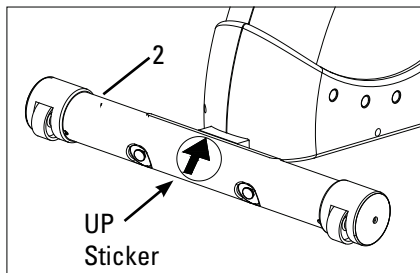


Figure 1A

Assembly Steps

Step 2: Attach Front Post

Parts:

- #20 - Console Mast Wire (Qty 1)
- #21 - Main Frame Wire (Qty 1)
- #4 - Console Mast (Qty 1)
- #19 - Arc Washer (Qty 4)
- #18 - Hex Screw M8 x 15 (Qty 4)

Tools:

- Hex key L6

2-1: Connect Console Mast Wire (20) to Main Frame Wire (21).

2-2: Attach Console Mast (4) to Main Body (1) using Arc Washers (19) and Allen Screws (18).

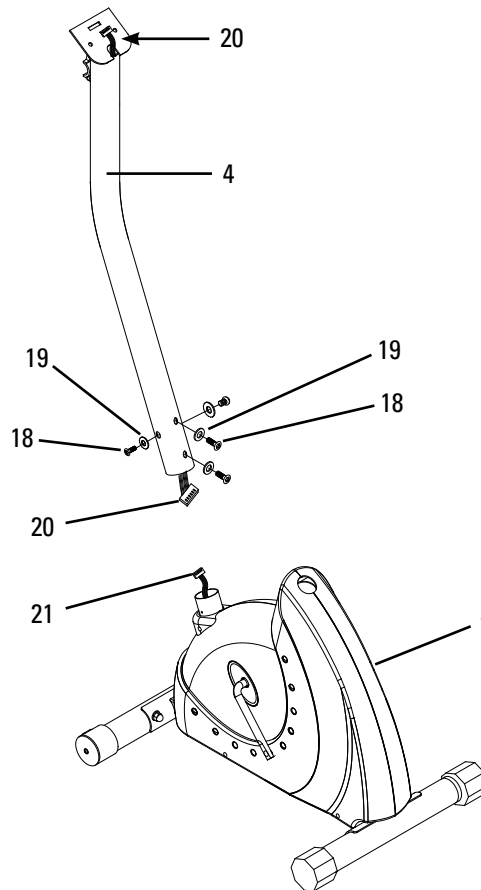


Figure 2

Assembly Steps

Step 3: Connect Console Assembly

Parts:

- #20 - Console Mast Wire (Qty 1)
- #6 - Console Assembly (Qty 1)
- #14 - Phillips Screws (Qty 4)

Tools:

- Hex key L6
- Phillips screwdriver

3-1: Connect Console Mast Wire (20) top connector on the back of the Console. Push connected console wires down into the hole in the top of the Console Mast (4).

Note: Do not cut or pinch the wires.

3-2: Place the Console Assembly (6) on the Console Mast (4) flat plate (Figure 3A). Secure Console to plate (Figure 3B) using four Phillips Screws (14).

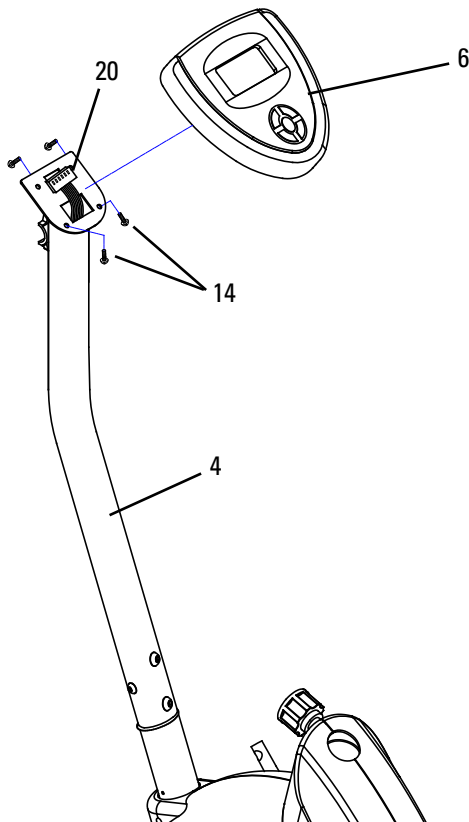


Figure 3

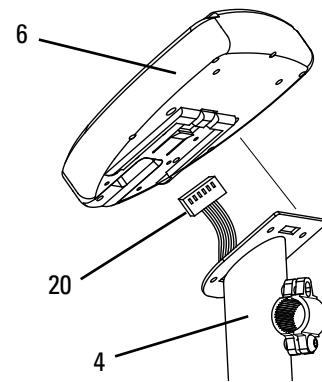


Figure 3A

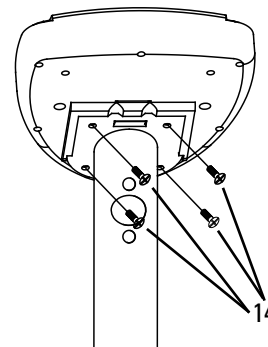


Figure 3B

Assembly Steps

Step 4: Connect Contact HR and Handle Bar

Parts:

- #24 - Heart Rate Wire (Qty 1)
- #5 - Handlebar (Qty 1)
- #30 - C-Ring (Qty 1)
- #27 - Hex Screw M8 x 20 (Qty 1)
- #26 - Adjustment Knob (Qty 1)

Tools:

- Hex key L6

4-1: Using C-ring (30), Hex Screw (27) and Knob (26), secure Handle Bar (5) to Console Mast (4). Tighten the Adjustment Knob so that the Handlebar is stable and does not move when pressed.

4-2: Connect Heart Rate Wire (24) to the female jack (Pulse Input) located on the back of the Console (6) as shown in Figure 4A.

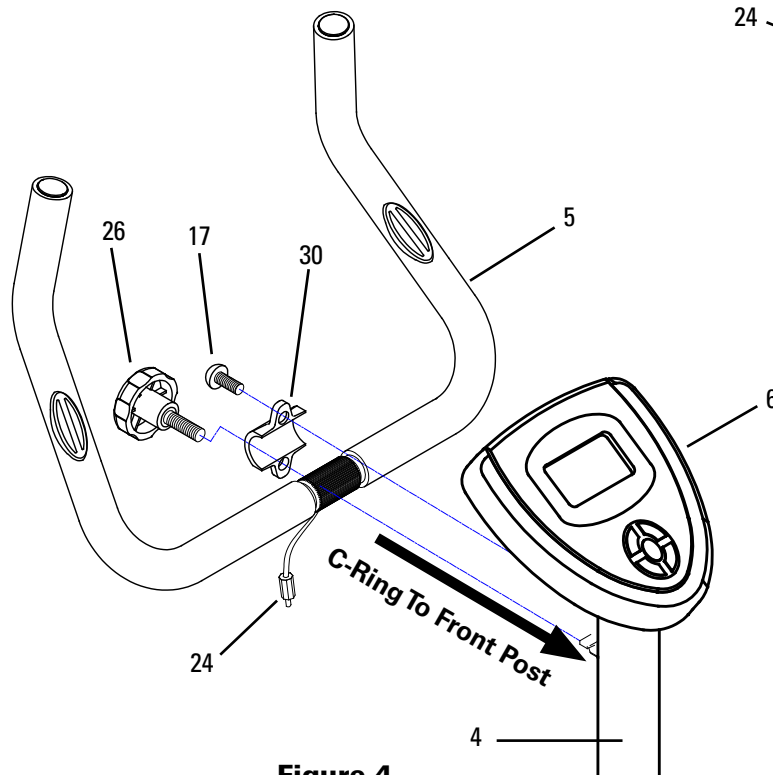


Figure 4

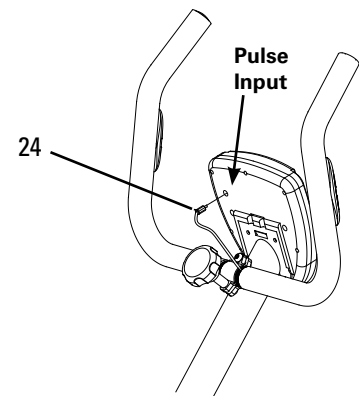


Figure 4A

Assembly Steps

Step 5: Attach Seat Post and Seat

Parts:

- #13 - Seat Post Cover (Qty 1)
- #7 - Seat Post (Qty 1)
- #8 - Seat Pad (Qty 1)

Tools:

- Wrench L17-L13

5-1: Slide Seat Post Cover (13) over Seat Post (7). Pull out Quick Release Knob (11) and insert Seat Post (7) into Main Body (1). Adjust seat height and lock into position with Quick Release Knob (11).

5-2: Install Seat Pad (8) on Seat Post (7) and tighten the nut under the pad to secure the seat.

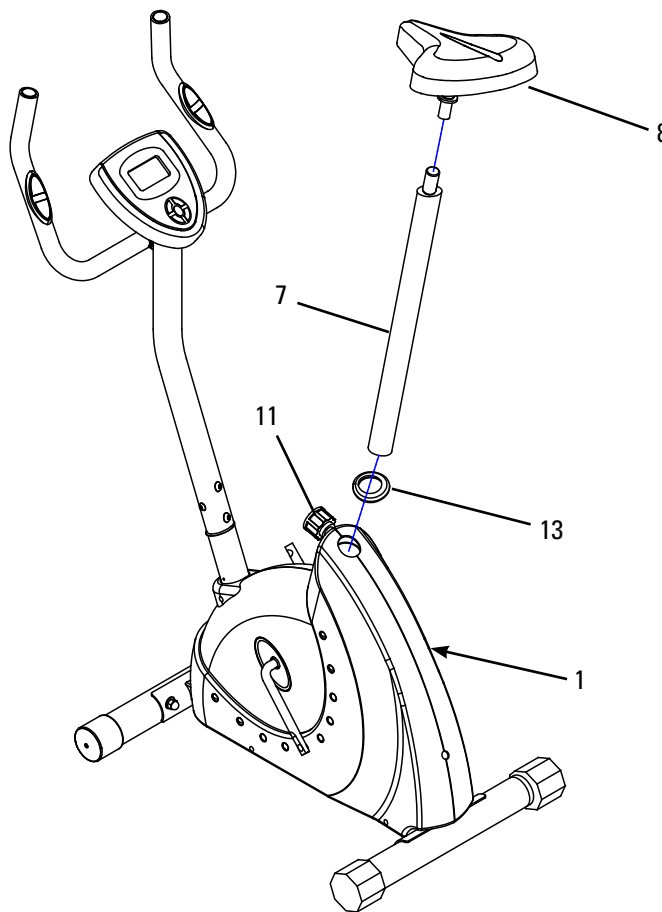


Figure 5

Assembly Steps

Step 6: Attach Pedals to Cranks

Parts:

- #9 - Left Pedal (Qty 1)
- #10 - Right Pedal (Qty 1)
- Batteries

Tools:

- Wrench L15

6-1: Install the Left Pedal (9) to Left Crank (25). Install Right Pedal (10) to the Right Crank.

Note: The Left Pedal has a left handed thread and screws into the Left Crank counterclockwise.

6-2: Insert C batteries into the back of the Console (6) as indicated in the battery bay.

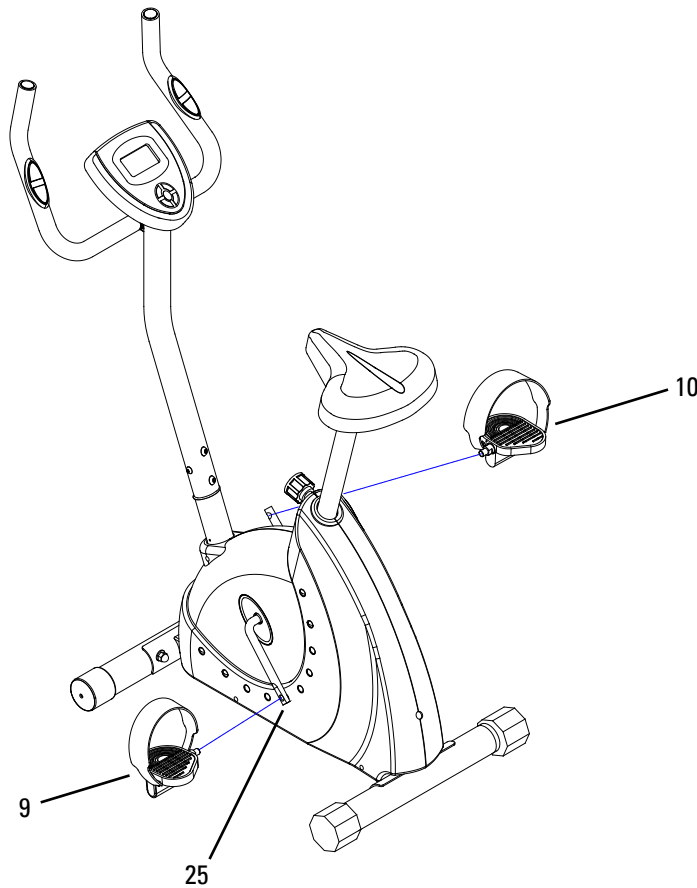


Figure 6

Assembly Steps

Step 7: Final Inspection

7-1: Tighten all hardware.

7-2: Read warnings on machine.

Please read and refer to the Owner's Manual for:

- Operating Instructions
- Maintenance Instructions
- Warranty Information.



Failure to visually check and test assembly before use can cause damage to the equipment. It can also cause serious injury to users and bystanders.

Contact Information

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